

Staying Active~

Registering for Programs...

For members with an ActiveNet account and password, simply click on the blue link provided in the class description to register for the desired class(es). If you need assistance with setting up your ActiveNet account or password, please call (510) 747-7500.

Alameda County Tenants' Rights Workshop

Are you at risk of losing your home? Do you want to learn your rights as a tenant? Centro Legal is offering free, online workshops and phone consultations with legal advice for Alameda County tenants! If you need legal assistance with your housing concern ranging from habitability issues to rent increases to eviction notices, please save your spot for a one-on-one consultation at the next remote online tenants' rights workshop or make an appointment for an individual phone consultation by calling 510-437-1554 or emailing tenantsrights@centrolegal.org.

AARP Smart Driver Standard Course

Wednesdays, June 1 & 8, 9:00 a.m. – 1:30 p.m., Location: Room D

Cost: \$20 per person for AARP Members (AARP ID# required),

\$25 per person for non-AARP Members, FREE with proof of United HealthCare Insurance

The AARP Smart Driver Course is the largest classroom driver course specifically designed for motorists, age 50+. The Standard Course is a two day, four-hour class (eight hours total) taught by a trained AARP Volunteer Instructor. Registration and payment (**CHECKS ONLY – payable to AARP**) must be completed in the Mastick Lobby no later than two days prior to the start date of the class.

Line Dancing for New Beginners

Wednesdays, June 1, 8, 15, 22 & 29, 9:30 a.m. – 10:30 a.m., Location: Social Hall

Cost: \$27 ~ Class #15502

For those who are brand new to line dancing. You will learn basic steps, sequencing and terminology for your foot movements and step-by-step instruction for each dance. Come join us in activating your body and mind with music. To register, [click here](#).

Line Dancing - Intermediate

Wednesdays, June 1, 8, 15, 22 & 29, 11:00 a.m. – 12:30 p.m., Location: Social Hall

Cost: \$21 ~ Class #15282

Designed for individuals who have mastered the basic steps and movements. More complex steps will be added. To register, [click here](#).

Movie Matinee

Wednesdays, June 1 & 15, 12:30 p.m. – 2:30 p.m., Location: Dining Room 2

FREE

Join other Mastick Members on the 1st and 3rd Wednesday of each month to watch a variety of movies which include current blockbusters as well as the classics. Free popcorn available. Space is limited.

June 1: Red Notice (2021) Action/Comedy/Thriller with Dwayne Johnson (PG-13) - An interpol agent successfully tracks down the world's most wanted art thief, with help from a rival thief. But, nothing is as it seems as a series of double crosses ensue. (1h 58m)

June 15: Mowgli: Legend of the Jungle (2018) Adventure/Drama/Fantasy with Christian Bale (voice) (PG-13) – A human child raised by wolves must face off against a menacing tiger named Shere Khan, as well as his own human origins. (1h 44m)

Summer Walking Club @ Waters Edge Lodge

Tuesdays & Thursdays, June 2 – 30, 9:30 a.m. – 10:30 a.m.,

Location: Waters Edge Lodge, 801 Island Drive

Cost: \$5 for entire session ~ Class #15554

Enjoy a walking excursion and take in the beautiful sights around the lagoon with a personal trainer. Warm up and cool down stretching included. To register, [click here](#).

Pickleball Tourney: 18+ Men's Doubles (2.5)

Friday, June 3, 9:00 a.m. – 1:00 p.m., Location: Lincoln Park, 1450 High St.

Cost: \$22 resident / \$27 non-resident ~ Class #16791

Fee is per player. For age 18 and older: Round Robin Format. Awards for first, second and third place teams. Self-officiated. Include the name of your partner at the time of registration. Maximum of two players per team. No professionals. Governed by USA Pickleball and Alameda "House Rules". Tournament Commissioner reserves the right to reassign players to other skill bracket or refund registration due to inappropriate skill designation. Commissioner's judgement on all questions of rules and conduct of play is final. No refunds unless tournament is rescheduled or cancelled. To register, [click here](#).

Seniors Sea Plane Lagoon Kayak Tour

Friday, June 3, 10:00 a.m. – 12:30 p.m., Location: Encinal Boat Ramp, 190 Central Ave.

Cost: \$65 – Class #15555

Join us for our most popular kayak tour! Paddle inside the Sea Plane Lagoon and learn about local marine life, upcoming Alameda Point development projects, the USS Hornet and US Navy's MARAD fleet. Enjoy scenic views of SF and more! All abilities welcome. To register, [click here](#).

Mastick Movie Club

Friday, June 3, 10:00 a.m. – 12:00, Location: Zoom

FREE

Join Movie Club members for a discussion and comparison of the thriller, "Cape Fear", both the **1962** version starring Gregory Peck and Robert Mitchum and the **1991** version with Robert De Niro and Jessica Lange. To join the discussion, email Ed Kallas, Recreation Supervisor I, at ekallas@alamedaca.gov

Pickleball Tourney: 18+ Mixed Doubles (2.5)
Friday, June 4, 9:00 a.m. – 12:00, Location: Lincoln Park, 1450 High St.

Cost: \$22 resident / \$27 non-resident ~ Class #16793

Fee is per player. For age 18 and older: Round Robin Format. Awards for first, second and third place teams. Self-officiated. Include the name of your partner at the time of registration. Maximum of two players per team. No professionals. Governed by USA Pickleball and Alameda "House Rules". Tournament Commissioner reserves the right to reassign players to other skill bracket or refund registration due to inappropriate skill designation. Commissioner's judgement on all questions of rules and conduct of play is final. No refunds unless tournament is rescheduled or cancelled. To register, [click here.](#)

Spanish – Beginning

Mondays, June 6 – August 4, 9:00 a.m. – 10:00 a.m., Location: Dining Room 2

Cost: \$35 ~ Class #15301

Learn Spanish language skills by practicing vocabulary, writing, reading, listening, and grammar. To register, [click here.](#)

Creative Writing

Mondays, June 6, 13, 20 & 27, 11:30 a.m. - 1:30 p.m., Location: Media Room

Cost: \$80 ~ Class #15912

This class emphasizes the craft of writing and magic of making art with words. Weekly writing exercises and assignments, lectures, discussions, and examples of literature included. To register, [click here.](#)

Book Club

Tuesday, June 7, 12:15 p.m., Location: Zoom

FREE

Join Book Club members and discuss "Angle of Repose" by Wallace Stegner. "Redhead by the Side of the Road" by Anne Tyler will be reviewed on July 5. To join the discussion, email Ed Kallas, Recreation Supervisor I, at ekallas@alamedaca.gov. Mastick has a limited supply of each book available for lending. If interested, call (510) 747-7500.

Transportation 101 – AC Transit App Training

Tuesday, June 7, 1:00 p.m. – 3:00 p.m., Location: Room D

FREE ~ Class #15006

Katherine "Kat" Kaldis, Paratransit Coordinator, will provide an overview of the various transportation options (East Bay Paratransit, AC Transit Clipper Card, and MORE) available to Alameda residents. Bring your questions! The second half of this workshop will teach how to plan your trip on AC Transit using transit apps. If you have a smart phone, bring it with you to get hands-on practice. To register, [click here](#) or call (510) 747-7513.

Eye Health with Dr. Liu

Friday, June 10, 9:00 a.m. – 10:00 a.m., Location: Dining Room 2

FREE ~ Class #18518

Curious about how to keep your eyes healthy as you age? Get the latest scoop from a board-certified ophthalmologist! Topics include: sun protection, dry eyes, cataracts, macular degeneration, and more. There will be a brief lecture followed by a "Q & A" session with Dr. Liu. Looking forward to seeing you there! To register, [click here.](#)

Hula 1

Tuesdays, June 7, 14, 21 & 28, 11:30 a.m. – 12:20 p.m., Location: Room A

Cost: \$43 ~ Class #17547

If you're new to hula or would like to refresh your skills, this class is for you! Hawaiian dance is an excellent exercise for everyone. As you dance, learn about Hawaiian stories, language and culture. Wear comfortable stretch clothing to allow for ease of movements. Join us for fun and aloha! To register, [click here.](#)

Hula 2

Tuesdays, June 7, 14, 21 & 28, 12:30 p.m. – 1:20 p.m., Location: Room A

Cost: \$43 ~ Class #17553

If you have danced hula previously and are familiar with the basic hula steps, this class is for you! Hawaiian dance is an excellent exercise for everyone. As you dance, learn about Hawaiian stories, language and culture. Wear comfortable stretch clothing to allow for ease of movements. Join us for fun and aloha! To register, [click here.](#)

Keeping Elders Safe: An Overview of Elder Abuse & Legal Remedies

Tuesday, June 14, 10:00 a.m. – 11:00 a.m., Location: Dining Room 2

FREE ~ Class #15507

Join Legal Assistance for Seniors representatives to learn about elder abuse and how to identify signs of financial, emotional, physical abuse and neglect. Learn practical tips to prevent abuse. Legal remedies and resources provided. To register, [click here.](#)

Zumba Gold – Toning

Tuesdays, June 14, 21 & 28, 2:00 p.m. – 2:55 p.m., Location: Room A

Cost: \$33 ~ Class #15558

This class combines Zumba Gold with Zumba Toning. It incorporates lightweight resistance training into the cardio program focusing on building muscle strength. To register, [click here.](#)

Senior Connections & Resources

Wednesday, June 15 (meets third Wednesday of each month), 1:00 p.m. – 2:00 p.m.,

Location: Room D

FREE

A safe place for seniors to get together to receive community information. The Senior Connections Case Manager will facilitate, provide resources, referrals, and practical and constructive information to assist with working through life's tough and complex issues. Program provided by Alameda Family Services and funded in part by the Mastick Senior Center Advisory Board. Registration not required. If you have questions, please call (510) 747-7505.

Protecting Older Adults from Telephone Scams

Thursdays, June 16 & 30, 1:00 p.m. – 2:00 p.m., Location: Room D

FREE ~ Class #15552

Join William Smith, retired FBI Agent, to learn how to better protect yourself from financial crimes against older adults. Focus will be on phone scams disguised as Social Security, IRS, billing, and personal tragedy matters.

To register, [click here.](#)

Zumba Gold

Thursdays, June 16, 23 & 30, 2:00 p.m. – 2:55 p.m., Location: Social Hall

Cost: \$33 ~ Class #15557

Zumba Gold is a lower-intensity dance class designed for active older adults. A typical class will feature merengue, salsa, cha-cha, reggaeton, bachata, samba, soca, hip-hop, belly dance and bhangra. Class open to all levels. To register, [click here.](#)

Pickleball Advanced Drills: 3rd Shot Drop and More

Thursdays, June 16 – July 7, 2:00 p.m. – 3:00 p.m., Location: Lincoln Park Pickleball Courts

Cost: \$85 ~ Class #15466

Improve your game and sharpen your skills! Enjoy drills designed to enhance your game “around the net”. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. To register, [click here.](#)

Pole Walking for Balance & Maintaining Independence

Tuesday, June 21, 9:00 a.m. – 11:45 a.m., Location: Room D

Cost: \$38 ~ Class #15544

Learn skills to reduce fall risk and improve your balance, endurance, gait, agility, function, and posture. Easy-to-learn techniques help navigate everyday obstacles. Top quality poles and special balance tips available for use during the class. Enjoy the outdoors, connect with buddies and get great exercise! To register, [click here.](#)

Qigong

Tuesdays, June 21 – July 26, 10:00 a.m. – 11:00 a.m., Location: Room A

Cost: \$59 ~ Class #15293

Qigong is an ancient discipline that includes visualization, mindfulness, and focused breathing. It is practiced to balance emotions, improve health, and enhance the mind, body, and spirit. Class easily modified for all fitness levels. To register, [click here.](#)

Thriving with Parkinson's at Waters Edge Lodge

Tuesdays & Thursdays, June 21 – August 11, 11:00 a.m. – 12:00, Location: 801 Island Drive

Cost: \$83 ~ Class #15326

A comprehensive approach to combat Parkinson's symptoms based on principles from physical, occupational, and speech therapy and concepts from LSVT. Address postural changes, mood, cognition, swallowing, speech, and tremors. To register, [click here.](#)

The Last Gift Box

Wednesday, June 22, 10:00 a.m. – 12:00, Location: Room D

FREE ~ Class #15931

Based on the book, "The Last Gift Box", learn practical ways to organize the "business" aspects of your life and communicate end-of-life decisions and how you wish to be remembered by loved ones. This essential subject is presented with factual information and humor. \$5 donation encouraged. To register, [click here.](#)

Diabetes Support Group
Wednesday, June 22 (meets fourth Wednesday of each month), 10:00 a.m. – 12:00,
Location: Room D
FREE

If you or someone you love has diabetes, consider joining the Diabetes Support Group provided by the Alameda County Public Health Department Diabetes Program. To register, call (510) 747-7500.

Birthday Celebration
Thursday, June 23, 12:30 p.m. – 1:00 p.m., Location: Courtyard / Dining Room 2
FREE

Let's celebrate your special day! Join us for sweet treats and happy birthday wishes!

Music Appreciation – Music from Finland
Thursday, June 23, 1:30 p.m. – 2:30 p.m., Location: Dining Room 2
FREE

Join Bill Sturm, Volunteer, and enjoy a piano performance and informative discussion highlighting Finnish composer, pianist, and conductor, Selim Palmgren (1878 – 1951).

Train Your Brain @ Elders Inn
Mon. & Wed., June 27 – Sept. 7, 10:00 a.m. – 11:00 a.m., Location: 1721 Webster St.
Cost: \$103 ~ Class #15328

Practice techniques such as verb generation, coordination exercises, short-term memory recall, listing, basic math, set-shifting, name memorization and attention games to maintain or improve memory. Session includes homework and strategies to work around memory obstacles in your daily routine. No class on July 4 & Sept. 5. To register, [click here](#).

Hop on the Bus with Us!
Tuesday, June 28, 1:00 p.m. – 3:00 p.m., Location: Game Room/Off-site
FREE ~ Class #15914

Interested in improving your transit skills or gaining more experience using the AC Transit system? If so, join Katherine "Kat" Kaldis, Paratransit Coordinator, to catch the bus together and explore Alameda. Space is limited. To register, [click here](#) or call (510) 747-7513.

What to Do with Our Home Full of "Stuff"
Wednesday, June 29, 10:00 a.m. – 12:00, Location: Room D
FREE ~ Class #15929

With humor and caring, gain skills necessary to sort through and discard the items filling your home. Practice how to discuss with loved ones your decisions about who gets what. \$5 donation encouraged. To register, [click here](#).

Yoga
Tuesdays, July 5 – August 30, 9:00 a.m. – 10:15 a.m., Location: Social Hall
Cost: \$64 ~ Class #15335

Alignment-based yoga targets modified poses focusing on strength, flexibility, and balance. Synchronize your mind and body while having fun. Dress in layers, bring a yoga mat, strap, and blanket for relaxation/warmth. No class on August 16. To register, [click here](#).

Hula 1

Tuesdays, July 5, 12, 19 & 26, 11:30 a.m. – 12:20 p.m., Location: Room A

Cost: \$43 ~ Class #17549

If you're new to hula or would like to refresh your skills, this class is for you! Hawaiian dance is an excellent exercise for everyone. As you dance, learn about Hawaiian stories, language and culture. Wear comfortable stretch clothing to allow for ease of movements. Join us for fun and aloha! To register, [click here.](#)

Hula 2

Tuesdays, July 5, 12, 19 & 26, 12:30 p.m. – 1:20 p.m., Location: Room A

Cost: \$43 ~ Class #17556

If you have danced hula previously and are familiar with the basic hula steps, this class is for you! Hawaiian dance is an excellent exercise for everyone. As you dance, learn about Hawaiian stories, language and culture. Wear comfortable stretch clothing to allow for ease of movements. Join us for fun and aloha! To register, [click here.](#)

Line Dancing for New Beginners

Wednesdays, July 6, 13, 20 & 27, 9:30 a.m. – 10:30 a.m., Location: Social Hall

Cost: \$27 ~ Class #15503

For those who are brand new to line dancing. You will learn basic steps, sequencing and terminology for your foot movements and step-by-step instruction for each dance. Come join us in activating your body and mind with music. To register, [click here.](#)

Line Dancing - Intermediate

Wednesdays, July 6, 13, 20 & 27, 11:00 a.m. – 12:30 p.m., Location: Social Hall

Cost: \$27 ~ Class #15283

Designed for individuals who have mastered the basic steps and movements. More complex steps will be added. To register, [click here.](#)

Yoga

Tuesdays, July 7 – September 1, 10:00 a.m. – 11:15 a.m., Location: Social Hall

Cost: \$64 ~ Class #16643

Alignment-based yoga targets modified poses focusing on strength, flexibility, and balance. Synchronize your mind and body while having fun. Dress in layers, bring a yoga mat, strap, and blanket for relaxation/warmth. No class on August 18. To register, [click here.](#)